

Don't Ignore Diabetes – Early Diagnosis Can Save Your Life | Dr. Kanika Sethi – Consultant Physician, Gwalior

डायबिटीज को नजरअंदाज न करें!
डायबिटीज एक धीमे ज़हर की तरह है, जो शरीर के हर अंग को प्रभावित कर सकती है।

लक्षणों को पहचानिए:

- बार-बार पेशाब आना
- बार-बार प्यास लगना
- थकावट व कमज़ोरी
- वजन घटना या बढ़ना
- धाव देर से भरना
- सुन्नपन/ झुनझुनी

समय पर जांच और इलाज से पाएं राहत।

अधिक जानकारी के लिए संपर्क करें

• जिला अस्पताल मुरार के सामने, माल रोड, मुरार, ग्वालियर
• नया जे.ए.एच. हजार बिस्टर अस्पताल के सामने, आमखो, ग्वालियर

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□ What is Diabetes? A Slow Poison You Shouldn't Ignore

Diabetes is not just a disease—it is a silent condition that gradually affects every part of your body. It occurs when your body either doesn't produce enough insulin or cannot effectively use the insulin it produces, causing high blood sugar levels. Over time, uncontrolled diabetes can damage the heart, kidneys, eyes, nerves, and even your immune system.

Dr. Kanika Sethi, a Gold Medalist in MD (Medicine) and Consultant Physician at GRMC and JAH Hospital, Gwalior, urges people not to take diabetes lightly:

“Ignoring the signs can lead to severe complications. Early detection is key.”

▣ Recognize the Symptoms of Diabetes

Many symptoms of diabetes go unnoticed because they seem common. However, if these signs persist, it's essential to get a medical evaluation:

- **Frequent urination** – especially at night
- **Excessive thirst** – feeling thirsty all the time
- **Unexplained fatigue or weakness**

-  **Sudden weight loss or gain**
-  **Wounds that heal slowly**
-  **Blurred vision, numbness or tingling in hands or feet**

These could be early warning signs of diabetes. Don't wait—get your sugar levels checked.

Why Early Testing and Treatment Matter

Diabetes is a long-term condition, but it can be managed effectively. With **timely diagnosis, proper medication, and lifestyle changes**, you can lead a healthy and active life.

At **Dr. Kanika Sethi's Clinic**, patients receive:

- Comprehensive sugar and diagnostic tests
- Personalized treatment and diet plans
- Regular monitoring and follow-ups
- Supportive care for managing complications

Visit Dr. Kanika Sethi at These Locations in Gwalior

You can consult Dr. Kanika Sethi at the following clinics:

District Hospital Murar,

Opposite District Hospital Murar, Mall Road, Murar, Gwalior

Near New J.A.H. 1000 Bed Hospital,

New J.A.H. Opposite Hospital, Amkho, Gwalior

 **Call for appointments or details: +91 6232105320**

About Dr. Kanika Sethi

- **MBBS, MD (Medicine) – Gold Medalist**
- **Assistant Professor**, Department of Medicine, GRMC & JAH Hospital, Gwalior
- Specializes in diabetes, hypertension, thyroid disorders, and chronic disease management
- Highly experienced and compassionate physician

Health Tips for Managing Diabetes

To stay ahead of diabetes, here are some proven lifestyle tips:

1.  Eat a balanced diet rich in fiber – vegetables, fruits, oats
2.  Exercise daily – even a 30-minute walk helps
3.  Avoid sugary foods, soft drinks, and junk food
4.  Monitor your blood sugar regularly
5.  Manage stress through yoga, meditation, or hobbies

Conclusion: Take Control of Your Health Today

Diabetes doesn't have to control your life. With awareness, timely treatment, and lifestyle changes, you can live a long and healthy life. If you notice any symptoms or have a family history of diabetes, don't delay—get checked and consult a qualified physician.

Dr. Kanika Sethi is here to help you at every step of your journey toward better health.